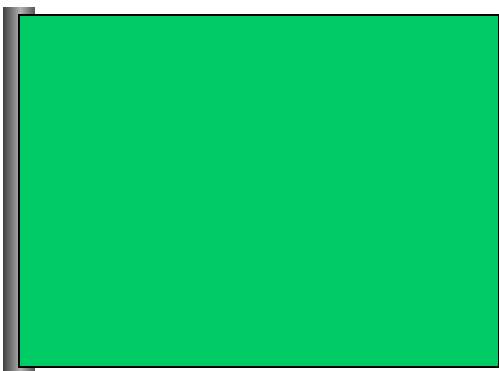
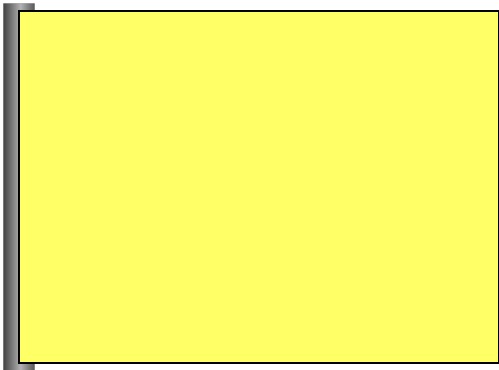
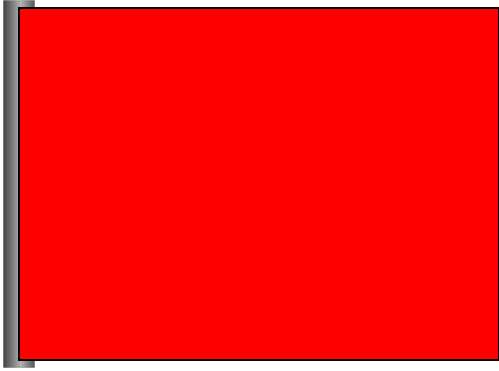





Heat Stress Conditions

For Marine Corps Training

Flag Color	WBGT Range	Restrictions
 Green	80°-84.9°	Heavy exercise for unacclimatized personnel should be conducted with close supervision.
 Yellow	85°-87.9°	Outdoor classes in the sun are avoided. Strenuous exercise, to include marching, is suspended for unacclimatized personnel with less than three (3) weeks on station.
 Red	88°-89.9°	Limited activity not to exceed six (6) hours per day for unacclimatized personnel. All physical training halts for personnel with less than 12 weeks on station.
 Black	90° or above	All strenuous, nonessential outdoor physical activity will be halted for all units. Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden on personnel or resources, be excessively expensive, or significantly reduce a unit's combat readiness. Essential outdoor physical activity will be conducted at a level that is commensurate with personnel acclimatization as determined by the unit's commanding officer in coordination with the unit's medical officer or medical personnel.

- Drink lots of fluids. Avoid fluids that contain alcohol, caffeine, or sugar.
- Plan strenuous activities/games early or late in the day to avoid the hot, midday to late afternoon period.
- Some prescribed medications and sun don't mix well. Check with your doctor and medicine labels. Use sun block and build up sun/heat tolerance gradually.

- At the first sign/symptom of heat stress, get out of the sun, rest, and slowly hydrate. When in doubt about the type of heat stress, seek medical help.
- The wearing of body armor/helmets or nuclear, biological, chemical (NBC) protective uniforms in effect adds 10 degrees Fahrenheit to the measured Wet Bulb Globe Temperature. Training must be adjusted appropriately.

Be safe! Pay Attention to the warnings!